



25 February 2020

Dear Parents and Caregivers

## SC Triathlon 2020

The South Canterbury Triathlon is on **Monday 16 March** at CBay/Ashbury Park.

This is a championship event for Year 5/6 and 7/8 Boys and Girls.

We will be trialling all those interested on **Monday 2 March** at 9.15 am

Year 5/6 students need to be confident at swimming **50m (1 length of the outdoor pool at CBay)**. They then run from the pool over the hill to Ashbury Park where they ride their bikes for 2 laps of Ashbury Park (on the grass). They then run 1km to finish (all at Ashbury Park).

Year 7/ 8 students need to be able to confidently swim **100m (2 lengths of the outdoor pool at CBay)**. Run over the hill to Ashbury Park, bike 2 laps and run 1 lap to finish.

We will trial all those interested on **Monday 2 March** at school. Interested students will need sports gear and their bike and helmet at school. There will be no swimming involved. We will be timing students to find our best 3 boys and 3 girls in each grade.

**Please remember, this is a Championship Event.  
Only confident students should trial.**

Ali Talbot  
SPORT COORDINATOR